

5-Minute Hummus and Tomato Toast: The Ultimate Healthy & Quick Lunch

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TIME
5 min

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INGREDIENTS

List This recipe is designed for ease and freshness. Use the best quality ingredients you can find-it truly makes a difference here.

IngredientQuantity

DIRECTIONS

1. Step-by-: Step Instructions
2. Follow these simple steps for the perfect : Hummus and Tomato Toast, every time.
3. Step 1: Toast the Bread
4. Toast the bread to your desired level of crispness.
5. Toaster/: Toaster Oven:
6. Use the standard settings.
7. Place slices in a dry skillet over medium-high heat for 2-3 minutes per side until golden brown and firm.
8. Step 2: Slice the Tomatoes
9. While the bread is toasting, slice the cherry tomatoes in half. If you are using larger tomatoes, dice them into small, manageable pieces.
10. Step 3: Spread the Hummus
11. Once the toast is ready and slightly cooled (to prevent the hummus from melting), spread a generous layer of
12. $\frac{1}{2}$ cup of hummus
13. evenly over each slice. The amount should be thick enough to hold the tomatoes and seasoning.
14. Step 4: Add the Toppings
15. Arrange the sliced cherry tomatoes neatly on top of the hummus.
16. Sprinkle with a pinch of
17. paprika or chili flakes
18. Drizzle generously with
19. Season lightly with
20. salt and black pepper

21. to your liking.
22. Step 5: Garnish and Serve
23. Finish by garnishing with the chopped
24. fresh parsley or cilantro
25. . Serve immediately for the best contrast of textures.

SWAPS & NOTES

Rustic or Sourdough Bread 2 slices Choose a thick-cut, crusty loaf for optimal crunch and structure.

Hummus ½ cup Store-bought is fine, but homemade is next-level.

Classic plain flavor is recommended.

Cherry Tomatoes ... cup Sliced in half.

TIPS FOR SUCCESS

Bread Quality is Key: A flimsy slice of white bread will collapse under the toppings.

Choose a robust, rustic, or sourdough loaf that can handle the creamy hummus and juicy tomatoes.

Warm Toast, Cool Hummus: The contrast of the slightly warm, crunchy toast and the cool, creamy hummus is essential.

Spread the hummus immediately after the toast comes out of the heat.

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Original recipe: <https://chefmaniac.com/5-minute-hummus-and-tomato-toast-the-ultimate-healthy-quick-lunch/>